

## **INSTRUCTIONS AFTER NASAL SURGERY**

1. Do not blow your nose.
2. Sneeze with your mouth open.
3. Leave nasal packs in place.
4. Change the dressing under your nose when it becomes soiled or wet. You will need to change the dressing up to a dozen times during the first day.
5. For the first two days, keep your head elevated to 30 degrees or on a few pillows. This helps to reduce bleeding, swelling and pain.
6. Go to the emergency room if you develop an active bright red bleeding following the first day of surgery.
7. Notify your physician for a temperature greater than a 102 degrees F.
8. Packing is usually removed 1-3 days after surgery.
9. Splints and casts are removed 7-10 days after surgery. If you develop a rash, fever and diarrhea go to the emergency room. The night after nasal packing is removed, place Bacitracin ointment into the nostrils.
10. The morning after packing removal begin rinsing the nose out with salt water and a bulb syringe. Rinse the nose 3 times a day, then place Bacitracin ointment in the front of the nose. [Salt water: 1 c. water mixed with 1/ teaspoon of salt.] Rinse kits are available in the office for a nominal charge.